



**sweet kiddles**<sup>®</sup>  
flexible childcare center

Week of:

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Pancake and Sausage Milk	Nutrigrain Bar Milk	Whole Grain Cereal and ½ Banana Milk	French Toast Fruit Milk	Whole Grain Cereal 100% Fruit Juice	
<b>AM Snack</b>	Granola Bars Milk	PB on Graham Crackers	Popcorn or Puffs and Fresh Fruit	Vanilla wafers ½ Banana Milk	Carrots/Celery with Dip	
<b>Lunch</b>	PB and Jelly Sandwich Cheese stick Yogurt Fresh Fruit Milk	Pasta with Meat Sauce Peas Fruit Milk	Mini Meatloaf Buttered Bread Corn Fruit Milk	Pancake/Waffle Sausage/Bacon Fresh Fruit Yogurt Milk	Baked Chicken Rice Tossed Salad Fresh Fruit Milk	Chef's Choice Protein Grain Vegetable Fruit Milk
<b>PM Snack</b>	Pretzels and Raisins	Yogurt Vanilla Wafers	Fruit Muffins and Milk	Cheese and Wheat Crackers	Granola Bar Fruit Milk	Granola Bar Fresh Fruit
<b>Dinner</b>	Chef's Choice Protein Grain Vegetable Fruit Milk	PB and Jelly Sandwich Cheese or Yogurt Fresh Fruit Milk	Pasta with Meat Sauce Peas Fresh Fruit Milk	Mini Meatloaf Buttered Bread Corn Fresh Fruit Milk	Papa John's Cheese Pizza Fresh Veggies Fresh Fruit Milk	Papa John's Cheese Pizza Fresh Veggies Fresh Fruit Milk
<b>Evening Snack</b>	Popcorn/Puffs or Pretzels Raisins	Graham Crackers Milk	Pretzels & Raisins	Cheese Stick & Apple slices	Vanilla Wafers & ½ banana	Popcorn/Puffs or Pretzels 100% Fruit Juice